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**ELECTION  
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GAME (ALMOST) ON,  
PREMIER TELLS LABOUR  
DAY RALLY **PAGE 3**



**Turned tables  
over Syria**

This time it's Republicans  
telling the U.S. president to  
make a stronger case before  
intervening **PAGE 8**



## INTERNATIONAL STUDIES 101

Saint Mary's University students hold up international flags at Huskies Stadium for a photo shoot to show off the ethnic diversity of the school on Monday as students prepare to return to class this week. Metro Halifax has you covered inside with our student guide.

JEFF HARPER/METRO

## Crashes kill three teens

**Tragic weekend.**  
Collisions occurred  
near Ardoise, Upper  
Kennetcook

was taken to the QEII for treatment of non-life-threatening injuries and another 16-year-old girl was treated at the Hants Community Hospital and then released.

Police say it's not clear whether the teens were wearing seat belts.

Windsor RCMP Staff Sgt. Dan Austin said there's nothing remarkable about the location of the accident itself.

"There's no big curves or anything, it's a pretty straight stretch of road," he said Monday afternoon. "We're still digging through it."

The names of the victims have not been released.

Another accident in East Hants claimed the life of a 17-year-old boy on Sunday. RCMP say the accident was reported in Upper Kennetcook around 11:10 a.m. on Highway 236. It appears the driver and sole occupant of the car lost control of the vehicle, left the road, hit a culvert and landed on the front lawn of a home.

The cause is also under investigation.

Three teenagers are dead and two are recovering from injuries after two separate single-vehicle highway accidents over the long weekend.

RCMP in Windsor said a man flagged down patrol officers on Highway 1 near Ardoise around 1:35 a.m. Monday, saying he was on the scene of an accident.

Officers found a car that had been carrying four people had left the road, clipped a power pole and flipped into a ditch.

The 19-year-old male driver and a 16-year-old female passenger were pronounced dead at the scene.

"Speed and alcohol have not been ruled out as contributing factors at this point," said RCMP Sgt. Al Leblanc Monday afternoon.

Another 19-year-old man

**RUTH DAVENPORT/METRO**

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FOR THEMSELVES.**

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'Tired, wet and hungry'

### Three missing hikers found safe after spending night in woods

Three men who went missing while out on a hike near MacKinnon Lake in Pictou County on Sunday have been found safe after spending the night in the woods.

"They located them, as the crow flies, about four kilometres south-west of where they were camping," said Cpl. Glen Murphy with the Pictou County District RCMP. "The three men are ... tired, wet and hungry. We had a lot of rain here yesterday."

The men, 22, 34 and 36, were taking part in a family camping trip at Camp Roderick.

The youngest men are brothers. Murphy said police believe the third man was a relative.

The men left for the hike at 2:30 p.m. and were expected to return from it somewhere between 5 and 7 p.m.

Murphy said the family of the two brothers were confident the siblings were well prepared to spend an evening in the woods.

"They spent a number of years in Scouts, and the families felt confident they could be found OK because of their skills that they learned through Scouts. And they would know the area a little bit," he said.

RCMP mobilized the Pictou County Ground Search and Rescue and Northeast Nova Police Dog Service for the search.

The missing hikers were found at approximately 1 p.m. on Monday and were in good health.

RICHARD WOODBURY/FOR METRO



Labour unions and supporters gather at Victoria Park prior to a march on Monday. JEFF HARPER/METRO

# Election call coming, Dexter hints at rally

**Labour Day.** Premier joins NDP members and candidates to tout his government's record



**RUTH DAVENPORT**  
ruth.davenport@metronews.ca

Election fever was rampant at the annual Labour Day march and rally, and Premier Darrell Dexter hinted strongly that the writ will drop very soon.

"Very shortly we're going to have the opportunity to profoundly influence the direction of this province in the years to

**Quoted**

"We do not want to return to the days when we saw wage rollbacks as the norm... a return to the hack and slash policies of former governments."

Premier Darrell Dexter

come," he told the strongly pro-NDP crowd at the Halifax Commons Monday.

Several NDP MPs, MLAs and candidates were in attendance for the festivities, along with hundreds of union members representing the NSGEU, PSAC, ATU and others. Participants gathered in Victoria Park and then marched to the Commons for a barbecue and the rally.

Dexter told the crowd his government had improved the lives of Nova Scotia workers over the last four years by changing the approach to economic growth.

"We decided very early on that ... it was time to have a participatory economy," he said, citing the national shipbuilding contract and the paper mill in Port Hawkesbury as success

stories. "There are 1,000 people working in the Strait in ... one of the most productive mills in the world."

Carrie Campbell of the Halifax-District Labour Council said workers across the country are facing increasing cutbacks.

She said there's a lot at stake in the upcoming election.

"Last week, (PC party leader) Jamie Baillie said he would cut 10 per cent of public-sector jobs, (Liberal leader) Stephen McNeil said he would cut 100," she said. "That's a huge concern for us. They're good paying jobs in Nova Scotia, where our unemployment rate is higher than in other parts of the country."

1 NEWS

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# Butt out: Tobacco ban now in effect at Saint Mary's University

**Ssssmokin' — not allowed.** Policy covers campus buildings, facilities, parking lots and grounds

**RICHARD WOODBURY**  
halifax@metronews.ca

The butts are out at Saint Mary's University as a ban on tobacco anywhere on campus grounds officially took hold

on Sept. 1.

In a small survey of students at the campus on Monday, reaction to the new policy was generally favourable.

"When people walk by (who are smoking and) I smell the smoke, I'm just like, 'Ugh.' I don't like smoking at all," said Kelsie Atkinson, a first-year sociology student.

Besides being good for the health of non-smokers, she feels it will help provide an incentive for smokers to quit.

"Maybe it will make other people stop smoking because

they have to go so far to smoke."

Third-year accounting student Jaffar Alramil is a smoker and thinks the added walk will help him to quit his one-day cigarette habit.

"I think it's a good idea to have fresh air all around the school, so it's better for the student, for their health," he said.

However, Alramil said some of his friends who are bigger smokers have voiced displeasure about the policy.

"I got a bunch of friends

**Three strikes and ...**

**3**

After three violations are issued to somebody who violates the tobacco-free ban at Saint Mary's University, they "will be invited to a meeting where appropriate actions can be determined," the school's website says.

who were complaining about it. ... They were swearing actually because they are heavy smokers and they have to

smoke like every hour," he said.

This specific tobacco-free policy — the first of its kind for an Atlantic Canadian university — applies to both tobacco and tobacco-related products and to everybody on campus. It covers all "buildings, facilities, parking lots and grounds" on campus, says the university's website. The ban even applies to parked vehicles.

There is one exception to the tobacco ban. Students who live in residence will be

allowed to smoke in a small outdoor area behind the Rice Residence between the hours of 10 p.m. and 6 a.m. This area will serve as a safety valve "for students who are trying to quit, but have yet to succeed," says the university's website.

People who violate the policy will be advised of the prohibition and asked to leave campus. Campus security will issue notices for frequent violators.

The motivation behind the policy is to create a healthier campus environment.



## Enjoying the dog days of summer at Exhibition Park

Webster the Bouvier gets attended to by handler Tory Clark, left, and owner Mary Jane Sears at the final day of the Halifax Kennel Club Dog Show at Exhibition Park on Monday. JEFF HARPER/METRO

**Opening it up to more**

## Province eyes changes to parental leave

The Nova Scotia government says it wants to make pregnancy and parental leave more accessible to workers in the province.

However, the necessary changes aren't expected to be made any time soon.

Premier Darrell Dexter says the government wants to amend the Labour Standards Code to allow an employee with six months on the job to qualify for pregnancy or parental leave.

As it stands, workers must be in a job for a year before they are eligible.

The government says the changes are expected to be made by 2015, though the NDP could call a provincial election as early as this fall.

THE CANADIAN PRESS

## Hants County. Firefighters respond after lightning strikes Windsor home during severe thunderstorm

As a severe thunderstorm passed through Hants County over the noon hour Sunday, lightning struck a Windsor home, causing considerable damage.

About 20 firefighters from the Windsor and Brooklyn fire departments responded to the call for service to the Wentworth Road home.

Windsor's Deputy Chief Jamie Juteau said fire could

be seen coming out the top of the roof when they arrived on scene.

"Crews went inside. We were able to hit the fire that quick. We had to do it fast because we couldn't have the aerial (ladder) up long with the weather. But by the same token, we had to make sure it was out," Juteau said.

He said the lightning strike hit the peak of the

house.

Juteau said lightning strikes to homes are uncommon, and said it was probably the first one he's attended to in a number of years.

"A lot of times when there's a lightning strike, it's to the electrical system of a pole, and it causes problems in the house," he said.

HANTS JOURNAL



The Wentworth Road home struck by lightning Sunday. HANTS JOURNAL

## Money, smokes taken. Teen robs Lower Sackville convenience store: Police

RCMP say a teen claiming to be armed robbed the Needs Convenience Store on First Lake Drive in Lower Sackville on Monday morning.

The robbery happened at 7:16 a.m. when police say the boy entered the store, told the clerk he had a weapon and demanded cash. He fled with an unknown amount of money and cigarettes. No one was

injured.

Police describe the suspect as between the ages of 15 and 18. He is white, about five-foot-10 and was wearing a brown hoodie with white designs, a ball cap, jeans, white sneakers and a backpack.

A female was also seen with the teen. She is described as between the ages of 14 and 16. METRO

Grades 4-6

## Class cap sizes released

The Nova Scotia government says average class sizes for children in Primary to Grade 6 ranged from 20 to 23 students for the last school year.

The province says that is about the same as it was in the 2011-12 school year.

Education Minister Ra-

mona Jennex says the government will bring in a new cap size of 25 for pupils in Grade 4 through Grade 6 over the next three years.

The phased-in cap on class sizes begins with Grade 4 in 2014-15.

Jennex says the new cap means the province will spend \$6.5 million over three years to hire as many as 100 new teachers.

THE CANADIAN PRESS

Head-on collision

## Man injured in ATV crash

A 61-year-old man sustained serious injuries after the all-terrain vehicle he was driving collided head-on with a car on the Dean Settlement Road in Tralfalgar, about 38 kilometres south of New Glasgow.

THE CANADIAN PRESS

Development

## More than 400 homes set for Bloomfield site

North-end Halifax's Bloomfield property will be developed into more than 400 homes for people of mixed incomes, along with community and cultural spaces, the province has announced.

The development will be the first project for the province's Housing Nova Scotia agency, which Premier Darrell Dexter launched Friday.

The new homes will range from townhouses to mid-rises meant for families from "mixed incomes and backgrounds," according to a government release.

The province announced the Housing Nova Scotia initiative in May. METRO

Tourism in N.S.

## Slightly fewer visitors this year

In the first seven months of 2013, 968,800 people visited the province, down two per cent from the same period in 2012, reflecting a slight drop in the number of visitors to Nova Scotia this year.

THE CANADIAN PRESS

# Stewiacke explosions investigated

**Blaze.** The RCMP said the first explosion rang out around 4:30 a.m. Saturday at BJ Electric Motor and Control Ltd.



The aftermath from the explosion. TRURO DAILY NEWS

About 20 people were forced from their homes over the Labour Day weekend as multiple explosions rocked the site of a machine shop in downtown Stewiacke.

The RCMP said the first explosion rang out around 4:30 a.m. Saturday at BJ Electric Motor and Control Ltd. on George Street after several employees noticed a small fire.

"I think they were responding to smoke alarms going off there," said Cpl. Addie MacCallum. "They discovered the small fire and an explosion took place while they were there. No one was injured."

Multiple explosions followed as the flames spread, fuelled by combustible materials stored on site.

"It was like a war zone," said Mark Crozier, the town's deputy fire chief. "It was just explosion after explosion."

He said between 60 and 70 firefighters were called in to help fight the blaze as the explosions continued and homes in the area were evacuated as a precaution.

No one was seriously hurt, but two firefighters were taken to hospital by ambulance with minor injuries. Crozier said one of the firefighters hurt his ankle while another was treated for dehydration.

The cause of the fire remains under investigation.

THE CANADIAN PRESS



## Swissair Flight 111: Marking the 15th anniversary of a tragedy

A visitor views the Swissair 111 memorial at Whalesback near Peggy's Cove on Sunday. The aircraft, heading to Switzerland from New York, crashed into St. Margarets Bay 15 years ago on Sept. 2, 1998. All 229 people on board died. ANDREW VAUGHAN/THE CANADIAN PRESS

# Charges laid after pot plants found in car

Police in Tantallon have charged two men after the RCMP say a car full of marijuana plants was found during a traffic stop on Prospect Road.

Police say they pulled the car

over just after 10 p.m. Sunday because it had no headlights on. When the officer walked up to the Toyota Corolla, it was allegedly overcrowded with 20 marijuana plants, which took

up the other front seat, and the two rear seats.

A passenger was then located in the car's trunk; Police believe he was there to make room for the plants. METRO

On the web

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## Kaboom. Meteor strike in Quebec altered the fate of the Earth, paper argues

Somewhere under the bedrock of southern Quebec lie the ancient, undiscovered traces of an enormous meteor strike so catastrophic that it helped set the course of human history.

At least, that's what Dartmouth University geochemist Mukul Sharma argues in a new paper, which could explain a baffling episode in our history.

Sharma has long been fascinated by a period about 13,000 years ago called the Younger Dryas, when the Earth suddenly reversed a warming trend and cooled radically for more than a millennium.

North American ice-age mammals from camels and ground sloths to sabre-tooth tigers became extinct. Humans had to learn to survive on roots, berries and small game — and maybe even shift to agriculture.

Some scientists hypothesize it was related to the collapse of a giant ice dam formed by re-

ceding glaciers, which released a huge flood of cold freshwater that disrupted ocean currents and reversed climate trends. Others suggest something else must have been at work as well.

Sharma and his colleagues examined marble-like rocks found in Pennsylvania and New Jersey that date right from the start of the Dryas period. These "spherules" contained minerals that could only have been produced via extraordinary heat.

What's more, Sharma found the spherules weren't local — they closely matched those from areas in southern Quebec.

Sharma believes he has discovered evidence of a meteor strike so powerful it could punch through more than a kilometre of ice and still retain enough energy to generate temperatures upwards of 1,700 C and hurl rubble over a good chunk of the continent.

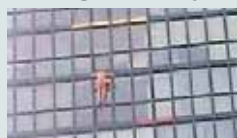
THE CANADIAN PRESS



North American ice-age mammals, such as the sabre-tooth tiger, became extinct in the Younger Dryas period. PETER MACDIARMID/GETTY IMAGES FILE

### High and high up?

## Ledge climber was on drugs, cops say



Police suspect this man was on meth. RORY MOY/FOR METRO

A man was taken to hospital after he climbed out onto the window ledge of a 23rd-storey Toronto apartment — in only his underwear — on Sunday in what police suspect was a drug-induced haze.

"The drugs were making him think something was going on," Staff Sgt. Dan Crosby said. "Either the apartment was on fire, he was trying to escape, something of that nature."

TORSTAR NEWS SERVICE

### Saguenay, Que.

## Blood likely used to deface mosque

Police in Quebec's Saguenay region have been called in after a mosque was vandalized over the weekend — spattered with what could be pig blood.

Representatives of the area's small Muslim community say they believe it to be an isolated incident, and Saguenay Mayor Jean Tremblay agrees.

"All it takes is one or two stupid people for something like this to happen," he said.

A letter was also sent to the mosque and to the local Radio-Canada station spouting anti-Islamic rhetoric.

Local police said the incident will be investigated. THE CANADIAN PRESS

# 'Freeman' to some, an outlaw to others

## 'Sovereign citizen' movement. Authorities warn against those who flout government, laws

He introduces himself as "Brian Arthur of the Alexander family," and before he'll answer any questions, he asks a reporter to swear she is not a government employee.

He drives without a licence and does not pay income tax.

Brian Alexander is a self-proclaimed Freeman-on-the-Land and one of a growing number of Canadians who have "freed" themselves from what they see as an overbearing government.

"People can't afford to live, and they're basically destroying society," Alexander says at his home in Kamloops, B.C.

He speaks emotionally about the plight soldiers have faced upon their return from Afghanistan and with frustration about the degradation of the environment.

Alexander says violence has no place in the movement, but one official who has followed the rise of the movement in Canada says there have been a number of confrontations during traffic stops or legal proceedings.

"What we've seen over the last year is ... an increasing level of desperation," says Ron Usher, of the Society of B.C. Notaries.

Notaries have found themselves embroiled in the situation, as many Freeman demand to having their invented documents authorized.

"People just don't like the idea that someone isn't going to help them with their fantasy," Usher says.

The Law Society of B.C. and B.C. Notaries have both issued



Brian Alexander, of Kamloops, B.C., is a self-proclaimed Freeman-on-the-Land and one of a growing number of Canadians following the so-called "sovereign citizen" or "Natural Persons" movement. DARRYL DYCK/THE CANADIAN PRESS

warnings about Freeman, which the law society said in a bulletin last year may number as many as 30,000 in Canada.

"Since one of the tenets of the Freeman-on-the-Land movement is an unrestricted right to possess and use firearms, they raise significant safety and security concerns," the bulletin says.

Law-enforcement agencies are developing awareness materials for frontline officers, and the movement is the subject of upcoming policing seminars. THE CANADIAN PRESS

### Freemen in action

Dozens of sovereign citizens have found themselves facing tax evasion, contempt or criminal charges.

- In the U.S., the FBI considers the movement a domestic terror threat, and a 2011 FBI report cites several cases in which followers have clashed with police.
- In Canada, most Freeman

operate through the courts. The movement has found sympathizers among First Nations, in B.C. in particular.

- The "Sovereign Squamish Government" claims to distribute its own licence plates, and one Ontario Freeman is recruiting his own police force: The Canadian Common Corps of Peace Officers.



Men on bicycles stop to look at the remains of the main building at the St. Jacobs Market, Monday. Premier Kathleen Wynne took to Twitter to thank firefighters who battled the blaze and express her regrets at the loss. GEOFF ROBINS/THE CANADIAN PRESS

## Waterloo, Ont. Blaze costs farmers' market dearly

Fire officials say a blaze that gutted a popular farmers' market north of Waterloo, Ont., caused more than \$1 million in damage.

Fire crews were called early Monday to a major blaze at the two-storey St. Jacobs Market, a 24,000-square-foot building that houses some 60 vendors.

Woolwich Township Deputy Fire Chief Dale Martin says there were no injuries and it was not immediately clear what caused the blaze.

He says the wood building, as well as fabrics sold by vendors, fuelled the blaze, which took three hours to put out.

THE CANADIAN PRESS/570 NEWS



# Heading back to school as a boy: Transgender child shares story

**Born a girl, and it's no secret.** Wren, 11, is the youngest openly transgender kid at his Edmonton school

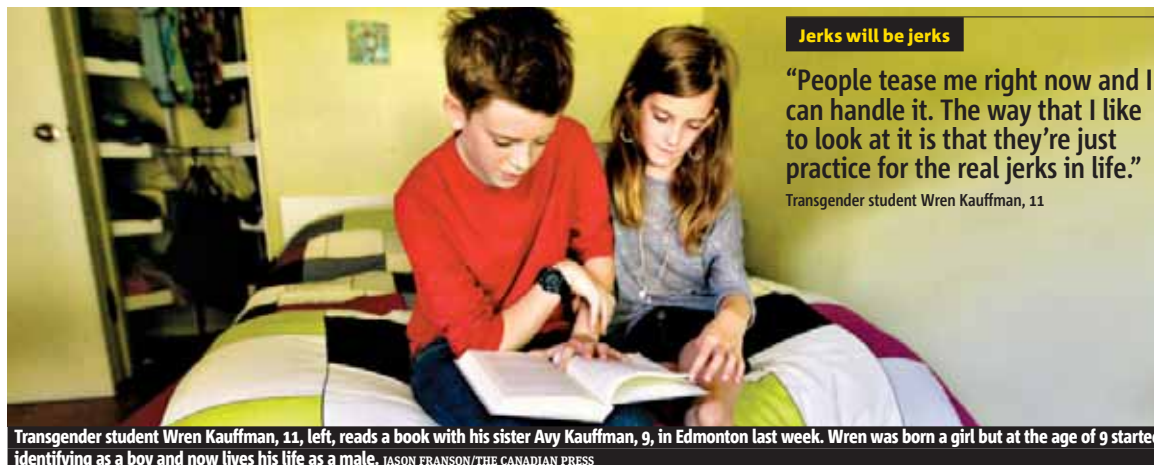
When 11-year-old Wren Kauffman goes back to school this week, he won't be hiding the fact that he was born a girl.

Teachers, friends and other students at his Edmonton school know the truth — that he's a girl on the outside but feels like a boy on the inside. And that's why, even at such a young age, he has chosen to live in the world as the opposite sex, and not keep it a secret.

"If you're not yourself, then it kind of gets sad and depressing," says the freckle-faced kid with short-cropped hair.

"I'm glad that I told everybody."

More students these days are not just coming out in school



Transgender student Wren Kauffman, 11, left, reads a book with his sister Avy Kauffman, 9, in Edmonton last week. Wren was born a girl but at the age of 9 started identifying as a boy and now lives his life as a male. JASON FRANSON/THE CANADIAN PRESS

**Jerks will be jerks**

"People tease me right now and I can handle it. The way that I like to look at it is that they're just practice for the real jerks in life."

Transgender student Wren Kauffman, 11

**Always felt like a boy**

*'When do I get to be a boy?'*

Wren, born Wrenna, says he doesn't remember a time when he didn't feel like a boy.

Growing up, he hated wearing dresses. When he was five, he had his mom take him to a hairdresser to cut off his long, brown locks. He wanted to look like Zac Efron from High School Musical.

Wendy Kauffman says she and her husband, Greg, knew their daughter was different. She would often ask: "When do I get to be a boy?" And she pleaded to be born again in order to come out right. **THE CANADIAN PRESS**

as gay but also as transgender or transsexual, and they're doing it at younger ages, says Kris Wells, a researcher with the Institute for Sexual Minority Studies and Services at the University of Alberta.

Some studies show six out

of 1,000 students experience transgenderism. About one out of 170 teachers are transgender.

Wells says his office gets calls and emails from parents and schools across the country at least once a day asking for advice. A few years ago, he helped

a child swap sex roles while in Grade 2 at a Catholic school in rural Alberta.

Some students and their families choose a more secretive approach, switching schools or even moving to other provinces, so they can start fresh, he

says. Others transition over the summer and return to school in the fall identifying with their new sex.

Brave students, like Wren, proudly announce who they used to be — and who they are now. **THE CANADIAN PRESS**

## Bus driver killer may be seeking revenge

Mexican prosecutors said Monday they are investigating claims that a woman who killed two bus drivers last week in this northern border city was seeking revenge for alleged sexual abuse of female passengers.

The claims made in an email from the self-styled "bus driver hunter" echoed deeply in Ciudad Juarez, which has a grim history of sexual violence against women aboard buses.

A woman wearing a blond wig — or dyed hair — board-

**Quoted**

**"You guys think you're real bad, don't you?"**

That's what a witness quoted the killer as telling the second victim before shooting him, according to reports by the newspaper Diario de Juarez

ed one of the school-bus-style vehicles that serve as transport in Ciudad Juarez on Wednesday morning. She approached the driver, took out a pistol, shot him in the head and left the bus.

The next day, apparently the same woman did exactly the same thing to another

driver on the same route.

Over the weekend, media outlets began receiving emails from the address "Diana the hunter of bus drivers."

"I myself and other women have suffered in silence but we can't stay quiet anymore," the email said.

**THE ASSOCIATED PRESS**

**History of violence**

Many of the women murdered during a string of more than 100 eerily similar women's killings in Ciudad Juarez in the 1990s and early 2000s disappeared after boarding buses.

- Their bodies were often found weeks or months later, raped, strangled and dumped in the desert or vacant lots.

**India**

## What has caused the apparent spike in gang rapes?

A series of recent high-profile gang-rape cases in India has ignited a debate: Are such crimes on the rise, or is it simply that more attention is being paid to a problem long hidden within families and villages? The answer, experts say, is both.

Modernization is fueling a crisis of sexual as-

sault in India, with increasingly independent women now working in factories and offices and stepping beyond the subservient roles to which they had once been relegated. They are also more likely than their mothers and grandmothers were to report rapes, and more likely to encounter male strangers in public.

"We never used to see so many cases of gang rape, and so many involving groups of young, unemployed men," said Supreme Court lawyer Kirti Singh, who specializes in women's issues. **THE ASSOCIATED PRESS**

2013	SUPREME COURT OF NOVA SCOTIA		Hfx No. 417117
BETWEEN:			
Alan Jaskolka, Bonnie Jaskolka, Bryan Jaskolka and Klee Rogers			PLAINTIFFS
- and -			
Small Fortunes Inc., a body corporate, and Brian K. Penney			DEFENDANTS
NOTICE OF PUBLIC AUCTION			
To be sold at public auction under an Order for Foreclosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:			
PROPERTIES:			
House, lands and premises known as 109 & 111 Beaverbank Road, Lower Sackville, Halifax Regional Municipality, Nova Scotia, identified by PID 41390162 and PID 41390154 and referenced at Schedule "A" of the mortgage dated May 1, 2012 and recorded at the Halifax County Land Registration Office as Document No. 100707851. These properties are registered pursuant to the <b>Land Registration Act</b> .			
Both properties are subject to restrictive covenants (burden) more particularly described in a deed recorded on February 28, 1983 at the Halifax County Registry of Deeds in Book 3657, at Page 1139, as Document No. 9500.			
Both properties are subject to a general utility easement/right of way (burden) more particularly described in a deed recorded on July 8, 1983 at the Halifax County Registry of Deeds in Book 3718, at Page 739, as Document No. 35387.			
A copy of the description of the properties, as contained in the mortgage foreclosed, are on file at the Sheriff's office and may be inspected during business hours.			
Date of Sale:	Friday, September 6, 2013.		
Time of Sale:	12:30 p.m. local time.		
Place of Sale:	Conference Room 3, 2nd Floor, The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.		
Terms:	Ten per cent (10%) deposit payable by cash, certified cheque or Solicitor's trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.		
Signed August 8, 2013.			
W. Glenn Hodge COX & PALMER 1100-1959 Upper Water Street PO Box 2380 Central Halifax, NS B3J 3E5 Solicitor for the Plaintiffs			Allan D. Coley Sheriff for Halifax Regional Municipality



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# Obama admin. must sell strategy to win backing on Syria: Republicans

**U.S. Congress.** Sen. John McCain says U.S. intervention will be tricky because Bashar Assad 'is moving his forces around'

Two Republican foreign-policy hawks say U.S. President Barack Obama must make a strong case for attacking Bashar Assad's Syria if he wants to win congressional backing for the operation.

Sen. John McCain told reporters at the White House that Obama's intervention now will be more difficult because Assad "is moving his forces around." Both McCain and Sen. Lindsey Graham questioned the wisdom of the administration publicly signalling in advance its intention to strike.

The Republican senators, who often speak with the same

voice on foreign affairs, talked in the White House driveway on Monday after a private meeting with Obama.

McCain said he believes lawmakers awaiting a critical vote on Syria "must be assured that this is different from the past two years of neglect" on the part of the administration.

Also on Monday, France released an intelligence report alleging chemical-weapons use by Syria's regime that dovetailed with similar U.S. claims, as Assad warned that any military strike against his country would spark an uncontrollable regional war and spread "chaos and extremism."

On Saturday, Obama stunned the world when he opted against immediate action in Syria despite the administration's insistence that Assad had gassed his own people, killing almost 1,500 citizens in a Damascus suburb on Aug. 21.

THE ASSOCIATED PRESS/WITH FILES FROM THE CANADIAN PRESS



Members of pro-Kremlin parties picket against possible U.S. military action against Syria near the U.S. Consulate in St. Petersburg, Russia, on Monday. The banner reads "Hands off Syria." DMITRY LOVETSKY/THE ASSOCIATED PRESS

**'Balanced stance'**

## U.S., Russia to meet on Syria?

President Vladimir Putin proposed on Monday to send a delegation of Russian lawmakers to the United States to discuss the situation in Syria with members of Congress.

Two senior Russian legislators suggested that to Putin, saying polls have shown little support among Americans for armed intervention in Syria to punish its regime for an alleged chemical weapons attack.

The lawmakers said maybe U.S. legislators can be persuaded to take a "balanced stance" on the issue.

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**Egypt**

## Dissolve Muslim Brotherhood, Egyptian judges recommend

A panel of Egyptian judges recommended Monday the dissolution of the Muslim Brotherhood, adding momentum to a push by authorities to ban the ousted president's main backer and a pillar of political Islam in the region.

Since the military deposed Mohammed Morsi in a July 3 coup, it has steadily intensified a crack-down on the Brotherhood, Egypt's largest political organization. Hundreds of its members are in detention and facing prosecution, many on charges of inciting violence.

Morsi himself has been held in an undisclosed location since his ouster. On Sunday, state prosecutors charged him with inciting the murder of his opponents. A date has yet to be set for the trial, in which 14 leading Brotherhood members are also charged.

The recommendation is nonbinding for the court, which holds its next hearing on Nov. 12.

THE ASSOCIATED PRESS

## Sweden. Obama to face NSA surveillance protests

Internet freedom activists plan to protest U.S. online spying when Barack Obama visits Stockholm this week, but the Swedish officials say they won't raise the sensitive issue with the U.S. president.

Foreign Minister Carl Bildt told The Associated Press on Monday that government surveillance of the Internet is "going on worldwide" and is not something on the agenda during Obama's visit Wednesday and Thursday. "We are not entirely innocent ourselves," Bildt said. "We conduct both intelligence and security operations on the Net. But they are regulated by law. And we have stringent safeguards and sur-

veillance of them."

He also noted that the European Union already is in discussions about "data privacy" issues with the United States.

The Swedish government sees itself as a champion of Internet freedom but critics have accused it of double standards for not speaking out against U.S. surveillance programs exposed by National Security Agency leaker Edward Snowden.

"It is astonishing and awful that they don't want to raise this issue," said Anna Troberg, a spokeswoman for Sweden's small Pirate Party, which advocates online freedom without government interference.

THE ASSOCIATED PRESS



Sweden's Foreign Minister, Carl Bildt, pictured here in June, told The Associated Press on Monday that Internet surveillance activities are happening worldwide and that "we are not entirely innocent ourselves." THE ASSOCIATED PRESS FILE



# Verizon no longer looking to enter Canadian market

**Still concerned.** Telus and Bell breathe a sigh of relief at the news, but remain on the offensive

Verizon Communications Inc. is no longer interested in entering the Canadian wireless market, the company's CEO Lowell McAdam said Monday.

McAdam made the comments after the company announced it had agreed to pay \$130 billion US for the 45 per cent stake in Verizon Wireless owned by British cellphone carrier Vodafone.

"At this point in time we're not interested in entering the Canadian wireless market," McAdam said, according to Verizon spokesman Bob Varettoni.

Canada's wireless companies were quick to respond, saying Verizon's decision does not ease their concerns about wireless rules in this country.

Josh Blair, the executive vice-president of Telus said he remains concerned about government policy on the spectrum — the radio waves needed to make cellphone networks operate — available to Canadian wireless carriers.

"This has never been about Verizon coming into Canada, or not, it's always been about fair access to spectrum," Blair said.

"Spectrum is the lifeblood of our industry, and without fair access to it, that's going to potentially, permanently disadvantage Canadian companies," he said. Bell Canada spokesman Mark Langton called it "significant news,"

## Rules remain 'wide open'

The big wireless providers argued that big foreign players like Verizon would have an unfair advantage under the current wireless rules.

- "Just because Verizon isn't coming doesn't mean another large foreign company ... might not want to come to Canada and take advantage of rules that, literally, would gift them a path to half of the 700 megahertz spectrum," said Josh Blair, executive vice-president of Telus.

but echoed Blair's concerns about regulations in Canada.

THE ASSOCIATED PRESS

## Mead, the 'nectar of the gods' rises again



Bottles of mead  
THE ASSOCIATED PRESS

Once called the nectar of the gods, the oldest fermented beverage is seeing a renaissance. Beekeepers and vint-

ners are rediscovering mead, an alcoholic drink made of fermented honey and water. These days, fruits, spices and even carbonation are being added for distinct flavours that aren't a far cry from the beverage favoured during the Middle Ages.

American Mead Makers

Association President Chris Webber estimates there are 200 to 250 commercial mead makers in the U.S., up from just 100 five years ago.

Some are beekeepers-turned-mead makers looking to find other ways to sell their honey.

THE ASSOCIATED PRESS



## Activists protest dolphin hunt

Protesters place paper dolphins on sticks as they perform rituals outside the Japanese Embassy in Pasay, south of Manila, Philippines, Monday. The activists were part of an international day of protest against dolphin slaughter in Japan. AARON FAVILA/THE ASSOCIATED PRESS

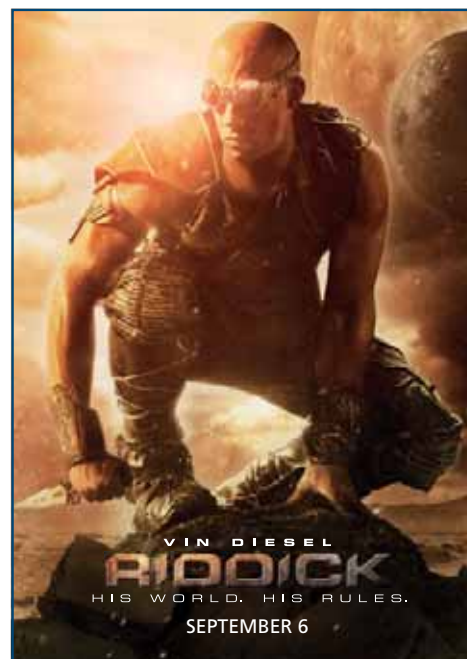
## Hit-and-run case

### Thai prosecutors seek warrant for Red Bull heir

Thai authorities are seeking an arrest warrant for an heir to the Red Bull energy drink fortune after he failed to appear for his indictment in the hit-and-run death of a policeman, a prosecutor said Monday.

A lawyer for Vorayuth Yoovidhya said the 30-year-old heir was on a business trip in Singapore and was unable to return to Thailand for the indictment because he fell ill.

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# HOW DARE YOU BE SO SELFIES?

All right, I don't want to be another one of those people complaining about "kids these days," but, teenagers of the Internet, you've gone too far (virtual fist-shaking implied).

If you need yet another example of how social media is eroding our sense of human decency, then take a look at Selfies at Serious Places.

This delightful (read: horrifying) new Tumblr showcases a variety of photos of young adults posing for their smartphones in highly inappropriate settings. From car crashes to the gas chamber at Auschwitz, it seems there is no locale too solemn or morbid for teens looking to share a cringe-worthy self-portrait.

What is wrong with you? Are you documenting your inane facial expressions at important sites to try and prove to your friends and followers how thoughtful and cultured you are? Because if that's the case, you're doing it wrong.



**SHE SAYS**

**Jessica Napier**

metronews.ca

If you are in fact looking to exhibit your obnoxious privilege and complete lack of respect, then congratulations, job well done.

I will admit that most travel photography has a boastful "I was here" sort of element to it, but that doesn't mean you should literally photograph yourself holding up a peace sign next to John Lennon's grave.

Perhaps if you pry the phone out of your hands for a few moments and take a look around, you'll learn a few things and come to realize that war memorials, religious statues and heritage sites do not exist as funny props for you to pose against. Do you even know the definition of genocide?

Oh, sure, there are some places that are relatively suitable for a narcissistic photo-shoot.

When you find yourself riding alone in a well-lit elevator it would be forgivable for you to take a quick pic for your plethora

of social networks; pretty vain, but forgivable.

However, there are many, many circumstances in which snapping a selfie is seriously offensive.

For future reference, here is an incomplete list of places where you should resist the urge to take a photo of yourself: funerals, prisons, crypts and cemeteries (that includes celebrities' grave sites because their dead bodies are still DEAD BODIES), in a car or any sort of vehicle that you are in the process of driving, historic places commemorating catastrophic events or mass murders, sad hospital visits, crime scenes and pretty much anywhere you might find large groups of people openly weeping.

If you want to record a particularly stylish OOTD or "duck face" for the camera to show off your new lip gloss, then that's your prerogative.

But if you're out in public, please try to have a little consideration for your surroundings and the context of your actions. And, no, captioning your selfie with #respect doesn't make it OK.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Opposable thumbs? Pshaw



STEVE JONES/PHOTOSHOT/SOLENT NEWS

#### House proud on the sea bed

This coconut octopus was captured off the Indonesian coast, and it has revealed surprising domestic skills. Researchers discovered the animal uses coconuts to build shelters, the first known case of an octopus using tools.

They also transport them long distance by stacking the shells and walking on tentacles.

"I almost drowned laughing when I saw this the first time," said Dr. Julian Finn, a researcher from Australia's Museum Victoria. "I could tell it was going to do something, but I didn't expect it would pick up the shell and run away with it." **METRO**

#### Undersea IQ

Which sea creature is the smartest?

- **Squid.** The octopus' cousin can learn new skills and gets bored easily.
- **Sea lions.** These sea detectives show impressive logic.
- **Whales.** Are masters of language and communication.
- **Dolphins.** Are among the mammals with the largest brain-to-body ratios.

#### Clickbait



**HANNAH ZITNER**

hannah.zitner@metronews.ca

If the picnic blanket and cooler have gotten more action this summer than your running kicks and gym shorts, fall can be an ideal time to get your sunburned, booze-soaked bum back on track. But if the colder days and back-to-school ads promoting new beginnings aren't enough to keep you motivated, these apps are here to help:

#### GymPact:

Miss a workout, pay up. Hit your targets, earn cash. GymPact helps you stay on track by giving cash incentive to those who hit their targets, while those who miss a day have to pay — literally.

#### Charity Miles:

Would you be more likely to get moving if you knew your miles were going to a good cause? Charity Miles lets

you donate each click/calorie to a charity of your choice.



#### Comments

**RE: Is There Any Point to an Arts Degree?**

"Is there any point to an arts degree?" Not in any large numbers/volume. There just are not the jobs out there.

If you want to be in debt for a long time and serve coffee for a living, go for it. Otherwise, learn a specific profession or trade. Don't

overlook the value of becoming a tradesperson (although, I have to admit the apprenticeship programs out there are too restrictive).

**CCToronto, posted to metronews.ca**

I don't always talk to someone with a BA, but when I do, I tell them I want fries with my burger.

**Guesswhosback, posted to metronews.ca**

#### WE WANT TO HEAR FROM YOU:

Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



DVD reviews



Now You See Me

Director. Louis Leterrier

Stars. Jesse Eisenberg, Common, Mark Ruffalo

Only one movie magic trick really matters in the era of computer-generated imagery: convincing us that what we see on screen could actually happen. Why should we doubt our eyes, when CGI can make anything appear before them? Such is the dilemma of this star-studded bit of hokum Louis Leterrier (*Clash of the Titans*) that adds up to much less than the sum of its parts. The more you see of the movie and the more elaborate the tricks get, the less you are inclined to believe that humans rather than machines are in charge. The human factor is also diminished in the acting, despite a cast that boasts some of the most empathetic players going: Morgan Freeman, Michael Caine, Woody Harrelson, Jesse Eisenberg and Mark Ruffalo. All do tiresome variations of the smarmy know-it-all, while the two main female actors, Isla Fisher and Mélanie Laurent, are reduced to minor roles. Extras include director/producer commentary, deleted scenes, two making-of featurettes and an extended director's cut.

PETER HOWELL

# Give 'em more Vin

**Riddick.** If his success with the *Fast and Furious* franchise is any indication, Vin Diesel knows just what the fans want in a movie



NED  
EHRBAR

Metro World News in Hollywood

With *Riddick*, Vin Diesel is looking to repeat the success he had reviving his *Fast and Furious* franchise — he'll start shooting the seventh instalment right after *Riddick* is released — and continues to prove he knows what he's doing in giving audiences what they want.

And if he's right a second time, it just might open the doors for his long-awaited *Hannibal* film.

And maybe he'll even squeeze in a Marvel flick somewhere. The actor's been hinting about a Marvel collaboration and even put up a comic-themed photo on his Facebook page.

**After the successful revival of the *Fast* franchise, if this one takes off as well will it feel like a complete vindication for you? Like an, "I told you so" to the industry?**

Totally, totally. We're keeping our fingers crossed, but totally. And it will do what it intended to do, which is to reopen that universe. That's the real intention. That's why we were able to go independent, that's why we didn't spend \$200 million like every other Hollywood production. How anxious and how committed the studio will be to actually do the next one will depend on how it performs.



Riddick opens Friday. CONTRIBUTED

**How much fun have you been having teasing people about your *Marvel* news?**

Have I been teasing? If the world wants to focus on a (Facebook) cover photo change that happens on a Sunday afternoon for less than an hour while *D23* is pumping out all the publicity in the world, that's fun, I guess. I don't know if it was so deliberate or if it was just kind of trying to let the social media base in as much as possible without disregarding the *Marvel* policy.

**What about your long-planned *Hannibal* project?**

You know, yesterday I was lucky enough to be the recipient of the 2,504th star on the Hollywood Walk of Fame, and even the night before getting the star, I was thinking, "Am I really ready for this star? I haven't done (*Hannibal*) yet. Why are they giving me this? Don't they have to wait until that trilogy comes out? This makes no sense." But all of these victories for Universal Studios gets me one step closer

to traversing the Alps.

**You've been holding out for this for so long.**

It's embarrassing how long. You know, I've been talking about it so long that even five years ago I would have a little anxiety about doing press because I knew everyone was going to say to me, "Where is this *Hannibal* you've been promising? Come on, this is bulls—!" "But I'm doing *Fast*..." "I don't want to hear it!"

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# What about Bob?

## Filthy Gorgeous.

Documentary looks at the sometimes contradictory life of Penthouse founder Bob Guccione

With a mass of gold chains as thick as a plate of spaghetti on his hairy chest, a deep bedroom voice, leather pants and title as publisher of the pornographic magazine Penthouse, the late Bob Guccione seemed a one-dimensional character to many.

But beneath the tanned, lady-killer facade was a solitary intellect and artist who had a deep interest in science, according to the new documentary *Filthy Gorgeous: The Extraordinary World of Bob Guccione*.

"Unlike the brands of (Hugh) Hefner, and Larry Flynt for that matter, Guccione was the polar opposite," says Barry Avrich, director of the doc that premieres Sept. 9 at the Toronto International Film Festival.

"Guccione wasn't interested

in being a brand. He was interested in building brands, but not brands themselves. He was reclusive, he didn't go to parties.

"He didn't feel that he had to have



Bob Guccione may have peddled smut, but he possessed a solitary intellect.  
THE CANADIAN PRESS

a girl or two girls on either arm to perpetuate the brand."

Early in his life, Guccione's career goals were also the polar opposite of those he eventually achieved.

As the film shows, the Brooklyn-born mogul studied to be a priest as a teen. He then tried to make it as an artist around Europe.

It was while in London with his second wife that he began a mail-order business selling pinup posters and set out to create an equivalent of Playboy for a British audience — a mag with high editorial standards that captured "real women" and their sensuality.

Despite the controversy his idea created across the pond, the first issue of Penthouse in '65 was a hit and led to an empire of many magazines, including the science-based Omni and music-focused Spin. He also made major investments in lofty ventures, from nuclear reactors to casinos and the infamous '79 historical pornographic film *Caligula* starring Malcolm McDowell, Helen Mirren, and Peter O'Toole.

With his massive fortune, Guccione lived a life of luxury

## 'Infinitely fascinating'

Montreal-born Avrich embarked on the project after realizing no one had done "anything on Guccione — nothing. This was a huge opportunity to tell the world about a man that was infinitely fascinating," he says.

(his art collection in his ornate home included works by Matisse, Renoir and Picasso) with third wife Kathy Keeton, who helped run his business.

But in the late '90s and early 2000s, the magazine's circulation dwindled due to competition from Internet porn sites, and Guccione's company was forced into bankruptcy.

In 2010, after battling throat cancer, he died in Texas at age 79.

"It's a very tragic film. It's a tough film," says Avrich. "People aren't going to watch this film expecting to see — well mind you, there's tonnes of nudity, but not in a gratuitous, salacious way. It helps tell the story."

THE CANADIAN PRESS

## Film news

### Melanie Griffith's daughter to star in 50 Shades of Grey

Casting for the 2014 film adaptation of *Fifty Shades of Grey* has been

announced. On Monday, author E L James tweeted to her 300,000-plus followers, "I am delighted to let you know that the lovely Dakota Johnson has agreed to be our Anastasia in the film adaptation of *Fifty Shades of Grey*." Less than an hour later, James announced that *Sons of Anarchy* star Charlie Hunnam will be the male lead.

METRO



Dakota Johnson. GETTY IMAGES



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## Pop Goes the Week

### Two divorces and demons — business as usual in Hollywood



**STARGAZING**  
Malene Arpe  
scene@metronews.ca

Michael Douglas and Catherine Zeta-Jones separate after 13 years of marriage. They cite an inability to be in the same room without passing out from loathing and an urge to yell incoherently the next time the other person makes a chewing sound.

Despite rumours that Dr. Luke would join American Idol as a judge for the next

season, it doesn't look like it will happen. Dr. Dre and Dr. Phil feel vindicated, because they were assured that if American Idol wanted to go with a fake doctor, it would be someone people had heard of.

A preacher named Gordon Klingenschmitt says he believes Madonna is possessed by demons. "Madonna? Are you serious right now?" says Miley Cyrus. "What. Do. I. Have. To. Do?"

Star Trek actor Zachary Quinto tells fan fiction writers that he's convinced that Kirk and Spock are "only good friends." OK. Right. Sure. Next you're going to tell us that Harry Potter and Draco Malfoy didn't elope.

"Twerk" and "selfie" will be added to the Oxford Dictionaries. And yet,



despite my many letters on the subject, they keep rejecting "fnjort" and "smomfy."

Vincent Cassel and Monica Bellucci separate after 14 years of marriage. They cite irreconcilable differences and "just too much hotness for one house."

## Peddles Domestic Short Hair



3 year-old Peddles is a sweet girl who was found in an apartment hallway. She was likely left behind when her owner moved. Although quiet, Peddles is affectionate. She doesn't really grasp 'play' yet, but will quickly learn. Peddles would prefer a home with older children and wouldn't mind having a fellow feline friend; she would also enjoy life as an only kitty — she isn't picky as she's just looking for a place to call home again. Please drop by the shelter and ask for Peddles; she is patiently waiting to meet you.

For more information on Peddles and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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# LIFE 3

## Half Off: Metro editor loses it

**Training.** Winnipeg's own Elisha Dacey challenges herself to lose weight

YLVA  
VAN BUUREN  
life@metronews.ca

Meet 35-year-old Elisha Dacey, Metro Winnipeg's managing editor. Besides heading up an always-unpredictable newsroom, Dacey has a busy home life with her husband and five-year-old daughter, Annabelle. It's no surprise that there never seems to be enough hours in the day, and taking care of herself falls to the bottom of the bucket.

About a year ago, Dacey stopped long enough to realize that at 295 pounds, she had put on way too much weight and her health was in jeopardy. She decided she needed to lose half her weight, and to do so publicly, chronicling the process in a blog called Half Off.

To start, Dacey followed Weight Watchers' points system to keep track of her eating. It worked for a while but when she reached 260 pounds earlier this summer (still, a 35 pound loss!), she hit a plateau. Every time she lost a pound, she'd gain it right back.

Enter colleagues at Metro News who suggested on-going support from a personal fitness trainer and registered nutritionist. And that's where Dacey is today.

Over the next few months, we'll follow Dacey and the experts to see what weight loss tips and strategies work and to provide inspiration and ideas to anyone who wants to improve their health by losing weight.

"The pressure I feel to get this right is definitely several notches higher now," says Dacey. "But I'm up for it. I know I can do this."



Elisha Dacey with personal fitness trainer Jordan Ciciwa. METRO

### Nutrition

Meet Theresa Albert, registered executive nutritionist, Metro columnist, media commentator, and author of *Ace Your Health*, a health book, cookbook and journal all in one.

"Elisha is a classic case of no time and messed up priorities. ... Her real challenge will be putting herself first and getting healthier systems in place that will work for her."

Albert also says it's important to stop thinking of food cravings as something you have no control over. "It is only a fully acknowledged belief of the problem and a systematic attack of the issues that will help beat biology."

Albert's goal is to help Dacey establish an eating system that

makes choices healthy, easy and natural. She's going to Skype with Dacey every few weeks to discuss eating challenges and solutions. She's also asked Dacey to track her meals and hurdles, and to send in a weekly weigh-in report.

### Fitness

Meet personal fitness trainer Jordan Ciciwa. Based in Winnipeg, he trains everyone from beginners to high level athletes. He also pens a blog called *onefitcity.com*.

"What attracted me to Elisha is I saw what she was trying to accomplish.

"After meeting with her, you can see where her love for her daughter, husband and job has come way before her own

### A numbers game

"If it were up to me I would not be focusing on numbers. But I know people want to see the numbers. I know so many women who weigh themselves every day. I weigh myself once a week."

Elisha Dacey

needs."

Ciciwa says regular exercise will help Dacey get back on track to reach her weight loss goal but "it's also about health, fitness and strength for everyday living — you don't want to huff and puff going up and down stairs or run out of energy at the end of the day. When those signs and symptoms start to show up, you are in the red zone."

Ciciwa created a 30-minute home exercise program for Dacey, and in addition to one weekly training session together he asked her to do the program two more times a week on her own. The program is available in a downloadable version online, and there are accompanying videos that feature Ciciwa and Dacey showing you exactly how to do each exercise.

The trainer sees time and priority as Dacey's biggest issues. "Elisha has an unpredictable workday and without a set schedule, she will have to change her mindset. On work-out days she has to consider her day not finished until she does her workout."

"Elisha also has to prioritize her health by taking a little time from other activities that keep her busy, such as emailing. Once she values herself, it will be easier."

### Elisha Dacey:

## Sharing her story

I'd been thinking about losing weight for a while, and I officially started about a year ago.

I wanted to follow the entire Weight Watchers' program but because I am so busy at work and home, I knew I couldn't get to weekly meetings. I needed to find support another way so I started the Half Off Blog (read the posts at [metronews.ca/voices/half-off](http://metronews.ca/voices/half-off)) — and it's great motivation. It helps me get my issues out and has created a community of followers.

I don't eat that badly, but I eat too much. I also stress eat.

I needed to add exercise to the equation too, but building exercise into your life can be hard. Plus, I didn't want to go to a gym.

I also needed everyone to understand that life gets in the way. Sometimes you're going to eat pepperoni pizza with your family, and sometimes there's no way you're going to want to do your circuit of weights.

ELISHA DACEY AS TOLD TO YLVA VAN BUUREN

### Online

See Jordan Ciciwa take Elisha Dacey through nine basic exercises in our exclusive video stream, online at [metronews.ca/halfoff](http://metronews.ca/halfoff).



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Dr. Stephanie Schellenberg (Smith)



# Split Pea and Barley Soup: A hearty Rosh Hashanah starter



You can make the soup up to 2 days in advance and just add more stock when reheating. ROSE REISMAN



**ROSE REISMAN**  
For more, visit  
rosereisman.com or  
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During Rosh Hashanah, the Jewish New Year, a hearty old-fashioned split pea soup is the perfect way to start your meal.

1. Combine the barley and the 2 cups (500 ml) of water in a large saucepan and bring to a boil. Reduce the heat and

simmer, covered, for 25 minutes or until the barley is just tender. Drain any excess liquid. Set aside.

2. Lightly coat a large non-stick pot with cooking spray, add the oil and set over medium heat. Add the onion and sauté for 5 minutes or until just softened. Add the carrots and garlic, and cook for another 5 minutes or until the carrots are slightly softened.

3. Stir in the 4 cups (1 L) of stock and the potato, split peas, and salt and pepper. Bring to a boil, then reduce the heat to low and simmer, covered, for 35 minutes or until the split peas are tender.

## Ingredients

- 1/4 cup pearl barley
- 2 cups water (or vegetable or chicken stock)
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2/3 cup chopped carrots
- 2 tsp finely chopped garlic
- 4 cups vegetable (or chicken) stock
- 1 cup peeled and chopped potato
- 3/4 cup green split peas
- 1/4 tsp each salt and pepper

4. Purée 2 cups (500 ml) of the soup in a blender or food processor. Return the puréed soup to the saucepan and stir in the barley. Heat through and serve.

## Health Solutions

### Don't be sheepish

Sheeps' milk is a staple all over the world and with good reason. We Canadians have a lot of catching up to do.

Here's why:

- Milking sheep are grazed on grass and therefore have a much higher CLA (conjugated

linoleic acid) amount. CLA is a good fat that is said to help keep weight gain at a minimum.

- Sheeps' milk has almost twice the calcium as cows' or goats' milk.
- Sheeps' milk has almost twice the protein of cows' or goats' milk.

The taste is a lot less gamey than goats' and not quite as sweet as cows' milk. People

with dairy digestive issues tend to have an easier time getting the goodness of milk without the downsides of their intolerance when they seek out the sheep.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



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# How to sweep her off her feet

**In love.** We spoke to the Kaufmans, who live in Valley Stream, N.Y., about what's kept their bond of 44 years so strong

**MEREDITH ENGEL**

Metro World News

You've likely uttered a big "Awww" upon seeing Morty and Lee Kaufman sweep each other off their feet — and dust off the armoire — in that popular Swiffer commercial.

And good news for romantics: The couple is just as in love in real life as they are in the commercial.

## How did you two meet?

**Lee:** I was a widow and so was he, as we found out after we met. His little boy was in my summer reading class and Morty came for a required parent conference, and that was really how the whole thing started. And after that we kind of left Scotty on his own and got interested in each other.

**Morty:** I walked in and I said

to Lee, "Scotty can't read for beans, what are you gonna do about it?" She wasn't too intimidated but nevertheless I felt that I laid everything out straight for her. And later on I came in to have another conference with her, and I said, "I didn't come to speak about Scotty — would you care to go out with me?" And from then on it blossomed into a lovely romance. We've been married 44 years now. We got married on Valentine's Day 1969, and we've had a good marriage. Our children are wonderful to us, and we're wonderful to our children, and we're wonderful to each other.

**Lee:** And I must add that Scotty is an excellent reader. It all worked.

## What drew you to each other?

**Morty:** You know, we both had been widowed in our early 40s, and there was a common bond between us in that we had similar situations. We got along fine. She's a lovely girl.

**Lee:** Wow. ... It did work out well. We never really sat down and figured the points of what was good and what was bad — it really just went along,

especially when our children began to get along.

**Morty:** I'll tell ya, I think an important factor was the fact that our previous marriages were both very satisfactory. We both came in with good concepts of marriage and then we were widowed in our very early 40s and we re-entered into marriage with a good attitude.

## How do you resolve arguments?

**Morty:** You compromise or you give in. No difference of opinion is that important as to interfere with your love for each other. Each one of us gives in more than we'd like. But we give in.

**Lee:** We were each of us the youngest in our family, and my bigger brothers and sisters always told me where I could sit and what I could do, and if I threatened to complain to mom and pop they threatened me back, so that's what happens when you're the youngest: You learn to accommodate. And we found each other very accommodating. Really, that was a good contributing factor.

**Morty:** You gotta take care of each other.



The Kaufmans, from the popular Swiffer commercial, are just as happy outside the ads. CONTRIBUTED/SWIFFER

## How do you keep things fun over the years?

**Lee:** Well, we're quite sociable. We've been theatre-goers in Manhattan —

**Morty:** Opera-goers for 40 years.

**Lee:** Yes, that got to be our thing. Actually, Morty introduced me to the opera part of it, and fortunately I discovered that it was a nice thing so it was a good thing for us to share. There are friends who join us — we've been a group for a long time who does that sort of thing — and then the rest is just nice

socializing that most people do with each other and with their friends.

**Morty:** We eat a lot.

**Lee:** Yes, we eat a lot (laughs).

**Morty:** We don't cook too much. After 90, you don't want to really exert yourself. You want things done for you in a nice, easy fashion.

## Everyone wants to know: How do you keep the sparks flying after all these years?

**Morty:** Well, there is nothing racy. It's just warm apprecia-

tion of each other. Your bodily demands vary with different ages as you get older. As you get older, you can just appreciate squeezing each other's hand, hugging each other.

**Lee:** I just gave him a poke because I just want him not to divulge all the secrets of our successful life together.

**Morty:** Listen, there's nothing quite as good as a loving hug and a good warm kiss. That keeps you going.

**Lee:** Thank you, Morty.

**Morty:** You're welcome.

# Insurance — a back-to-school essential



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

No sooner had my youngest daughter headed off to university than some wretch stole her backpack. Gone was a cellphone, keys to her dorm room and an expensive hearing aid.

Fortunately, because she was

in residence, our policy covered everything after a \$500 deductible.

Insurance isn't something that's on most back-to-school lists, but it should be. Theft, especially of expensive electronic devices, is common on campuses. In April, for example, Simon Fraser University in Burnaby, B.C., issued a warning that campus thefts had doubled over the previous year.

It's important to know if the household policy covers loss, damage or theft of the student's possessions and to what degree. For example, a student renting an apartment or room may need a separate tenant package whereas personal belongings in a residence could be covered.

In other cases, parents might need to pay a bit extra to extend coverage up to a certain limit as long as the student is living

away from home.

Before sending an offspring to post secondary studies with a vehicle, shop around for insurance. "Some companies price occasional drivers much better than others," notes Anne Marie Thomas of InsuranceHotline.com. And if a student is listed as a driver but won't be taking a car with them, Thomas suggests the parents ask the insurance company about a discount,

"because the exposure to risk has been reduced since the student won't be driving as often."

Students should also be aware that insurance goes with the vehicle. If they lend the car and there is an accident, generally speaking the car owner's insurance, not the driver's, will take care of the claim.

Make sure kids fully understand their responsibilities, especially if drugs or alcohol are

involved in a crash. Or simply forbid them from lending (unless they need a designated driver) and pray they pay attention. Thomas urges parents not to forget about liability.

"If the child is sued while in a dorm or a shared apartment, don't make the assumption that the parent's liability will be extended." Everyone hates paying for insurance — until it's needed.

**The 9+5**

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AUS football

## Kodejs impresses in first game with Huskies

Chase Kodejs admits he was more than a tad nervous going into Saturday's pre-season matchup against the Mount Allison Mounties.

The Charles P. Allen High School product had every reason to be. Not only was the rookie kicker playing in his first Atlantic University Sport football game, but he's also replacing the team's reigning most valuable player in Brett Lauther, who's moved on to the Canadian Football League's Hamilton Tiger-Cats.

But Kodejs rose to the occasion, nailing all three of his field-goal attempts in the Huskies' 32-7 victory over the Mounties.

"I have to improve my punting," he said after giving his performance a B-plus rating. "We are a talented team. We have a lot of first-year guys and I think the veterans are going to clear the path, especially at quarterback."

After the butterflies calmed, he was pleased with a solid day's work, which included a touch-down-saving tackle in the first quarter.

"I was just trying to force him into the sideline. I didn't want to look like an idiot out there. It worked out well," Kodejs said.

ANDREW RANKIN/METRO



Chase Kodejs JEFF HARPER/METRO

# De Jonge captures silver at worlds

**World championships.** Halifax paddler falls just short of world championship in 200-metre race in Germany

Mark de Jonge of Halifax won a silver medal in the K1 200 metres as Canada won four medals Sunday on the final day of the ICF canoe sprint world championships in Duisburg, Germany.

De Jonge finished just 0.03 of a second behind Sweden's Petter Ostrom.

"I'm happy with my result," said de Jonge after the race. "It's a little bitter-sweet coming 0.03 of a second from being world champion but I'm happy with the way I raced. I executed my race plan exactly the way I wanted and I can't ask for anything better than that."

Also on Sunday, Ben Russell and Jason McCoombs, both of Dartmouth, won bronze in the men's canoe-relay team, which also included Mark Oldershaw of



Sweden's Petter Ostrom, left, wins the K1 200m final after a photo finish against Halifax's Mark de Jonge at the canoe sprint world championships in Duisburg, Germany, on Sunday. FRANK AUGSTEIN/THE ASSOCIATED PRESS

Burlington, Ont., and Gabriel Beauchesne-Seigny of Trois-Rivieres.

In other results involving Nova Scotians, the women's K4 500-metre crew that includes Hannah Vaughan of Dartmouth finished sixth.

Ryan Cochrane of Windsor and Richard Dober Jr. of Trois-Rivieres were eighth in the K2 200 metres.

Dartmouth's Una Lounder was 17th in the women's K1 5,000 metres.

METRO AND THE CANADIAN PRESS

Medal No. 1

## 1st

It was the first career world championship medal for Mark de Jonge, who won bronze at the London Olympics last year.

## QMJHL. Moose cut blue-liner as roster close to finalized

The Halifax Mooseheads are close to finalizing their roster for the upcoming 2013-14 season.

On Monday, the team announced that local blue-liner

Brandon Worthen had been cut, putting the number of players remaining in camp at 26 — three goaltenders, eight defencemen and 15 forwards.

Worthen was an eighth-round pick for the Mooseheads in last June's QMJHL draft. He played last season for the Dartmouth Subways.

Halifax is expected to

carry 25 players for its season opener on Sept. 12 against the Moncton Wildcats at the Metro Centre, with the final cut likely coming on defence. METRO

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# 4 SPORTS



# Gasquet survives 5-set marathon to eliminate Raonic

**U.S. Open.** Canadian fails to improve on his previous best result at a Grand Slam

Milos Raonic lost his bid for a first-ever Grand Slam quarter-final as Richard Gasquet won 6-7 (7), 7-6 (7), 2-6, 7-6 (11), 7-5 on Monday at the U.S. Open.

Raonic, from Thornhill, Ont., hammered 39 aces and struck 102 winners, but it was not enough to hold off Gasquet as fatigue set in during the closing stages of the four-hour, 40-minute marathon.

The loss is only the fourth five-set match of Raonic's career. Montreal's Mike Belkin is the last Canadian to reach the final eight of a Grand



Milos Raonic lost in five sets to Richard Gasquet on Monday.  
MIKE GROLL/THE ASSOCIATED PRESS

Slam. He did it in Australia in 1968.

Raonic matched his previous best at a Grand Slam. He'd made the fourth round in the

Australian Open (2011, 2013) and the U.S. Open (2012).

Raonic missed on a match-point chance in the fourth set on an error as Gasquet fought on to win an eventual tie-breaker and take the match into a deciding fifth set. The U.S. Open is the only Grand Slam tournament that does not play out the final set.

By then, though, Raonic's legs were gone as he struggled to recover a break for 2-2 but losing his edge in the 11th game as he was broken from a weak forehand into the net on the first of three Gasquet chances to trail 5-6.

Gasquet reached his second Grand Slam quarter-final a game later as Raonic returned long.

Gasquet will next play Spain's David Ferrer.

THE CANADIAN PRESS



## Tigers rise above Red Sox

Tigers shortstop Jose Iglesias turns a double play over the slide of Red Sox first baseman Mike Napoli in Boston on Monday. Doug Fister rebounded from a miserable start with seven shutout innings as the Tigers won 3-0 in the matchup of teams with the AL's best records.

WINSLOW TOWNSON/THE ASSOCIATED PRESS

## NHL

### Blackhawks lock up Crawford

Corey Crawford is having one great summer.

First, he was in net when the Chicago Blackhawks stormed to their second NHL title in four seasons. Then he welcomed the Stanley Cup to his hometown of Montreal on Monday, and joined the team for the announcement of a six-year contract extension that officially stamps his arrival as one of the league's top goaltenders.

"It's amazing," said Crawford, who recently got engaged and is in the mix to play for Canada in next year's Winter Olympics. "I want to be in Chicago for my whole career and so this is amazing to be able to do this and get this deal done."

Crawford went 16-7 with an NHL-best 1.84 goals-against average while starting every playoff game for Chicago this year.

The extension is reportedly worth \$36 million and runs through the 2019-20 season. THE ASSOCIATED PRESS

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## Horoscopes

### Aries

March 21 - April 20

Don't feel unworthy if you receive something you did not expect. It has come your way so you deserve it, even if you don't know why. The planets respond to good and bad deeds.

### Taurus

April 21 - May 21

Something you have to do may be boring but stick with it because you will soon be doing something more interesting. What you don't need is that nagging feeling that there are jobs that still need doing.

### Gemini

May 22 - June 21

Given enough time most situations resolve themselves, so don't get worked up about something that is really of only minor importance. If someone has hurt you, remember this: living well is the best revenge.

### Cancer

June 22 - July 23

You seem to have forgotten what it is like to make decisions for yourself but that will change over the next few days. You must take the initiative. Your success depends on it.

### Leo

July 24 - Aug. 23

You may not want to listen to someone who seems to just moan about how unfair life is but this time it seems they have something worth complaining about. Help them.

### Virgo

Aug. 24 - Sept. 23

It is essential that you adopt a positive attitude. The approaching new moon in your sign will bring new opportunities your way but to take advantage, your mind must not be stuck in reverse.

### Libra

Sept. 24 - Oct. 23

It may seem as if you are moving in the opposite direction as everyone else but that does not matter. The fact that you are moving at all is what counts. Others will admire your vitality.

### Scorpio

Oct. 24 - Nov. 22

There seem to be a lot of rumours flying around. Should you take them seriously? With Neptune strong in your chart, you can probably afford to ignore them altogether.

### Sagittarius

Nov. 23 - Dec. 21

Check your facts today then check them a second because it will be easy to overlook small but vital details. Don't be lazy or complacent. You cannot afford to take anything for granted.

### Capricorn

Dec. 22 - Jan. 20

You will be on the move quite a bit over the next two or three days but don't forget that your energy is limited. Do only those things, and go to only those places, that bring you closer to your long-term goals.

### Aquarius

Jan. 21 - Feb. 19

It may be true that someone is trying to undermine your authority but it is important enough to get annoyed about? Probably not. A few short days from now, your current worries will seem like a lifetime away.

### Pisces

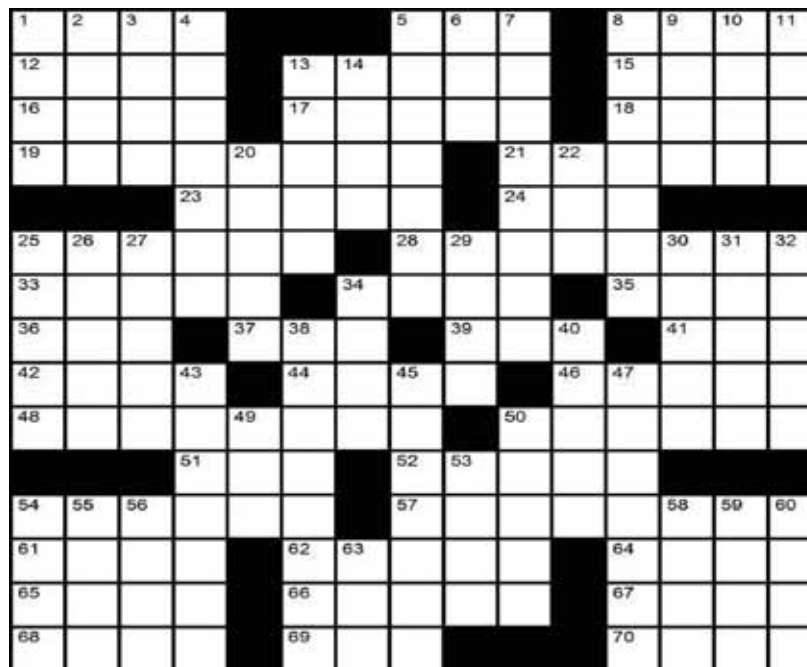
Feb. 20 - March 20

It appears you feel guilty about something should have done, but did not; or something you did but should have avoided. Focus on more important issues. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. \_\_\_ to School
5. From A \_\_\_ (Step-by-step)
8. Poker token
12. Wings: Latin
13. \_\_\_ diving
15. \_\_\_-call (Automated phone message)
16. Fall mo.
17. Trompe '\_\_\_ (Visual illusion)
18. Fashion designer Mr. Saint Laurent
19. Instructors
21. Canadian glue company since 1876
23. Shaped with an axe
24. Soak flax
25. Some Internet ads
28. "The Beach-combers" main character, Nick \_\_\_
33. Spew fire
34. Newbie, variantly
35. Vampire's vestment
36. Geog. coordinate
37. Expert
39. Lettered band of "Unbelievable" fame
41. Tree in Hawaii
42. Beyonce's "Cadillac Records" role [var. sp.]
44. Hawk's lofty nest
46. Whitney Houston song: "Greatest Love \_\_\_"



48. \_\_\_ set (Compass, ruler, triangle, etc. kit)
50. Canadian note-books brand
51. Work of what?
52. Jagged
54. 3-ring \_\_\_
57. Great states of joy
61. Early Ron Howard TV role
62. "Steady \_\_\_ goes!"

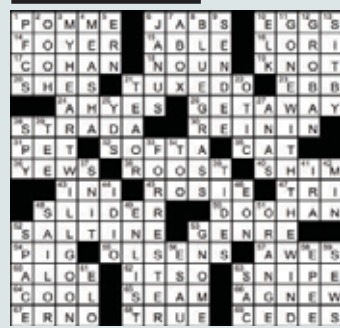
64. "The Flintstones in \_\_\_ Rock Vegas" (2000)
65. Singer Erykah
66. Ominously comes into view
67. Superb spot
68. John Keats specialties
69. Mr. Chaney of movies
70. "You \_\_\_ Me" by Sam Cooke

1. Rope fibre
2. Away from the wind, at sea
3. Bullfighter's cloak
4. Potato chips flavour
5. Labour Day fol-lower
6. Stylish sash
7. Quickstep-doing place
8. British style of crossword
9. Jay Z hit tune from

- 2001: "Izzo (\_\_\_)"
10. "\_\_\_ of you, don't say goodbye..." - Neil Sedaka
11. Put forward, as an idea
13. Bunches
14. Centre
20. Prefix meaning "Seven"
22. Poetic nightfall
25. Ship co-owner in Moby-Dick, Captain

26. Give a stately speech
27. \_\_\_ work (Get labouring)
29. Squirrel's nest
30. Capital of Senegal
31. Olympian, \_\_\_ Anton Ohno
32. Mattress manufacturer
34. Golfer, when at the golf peg, say
38. Britain-born Canadian actress Kim
40. Impose upon
43. Milos Forman won the 'Best Director' Oscar for what 1984 film?
45. University in Toronto
47. Rivers: French
49. Poetically before
50. Wishes
53. Mr. Emanuel (Mayor of Chicago)
54. Peter Sellers comedy, "The \_\_\_" (1967)
55. Big name in tablets
56. Brood of pheasants
58. BTO song: "Let It \_\_\_"
59. Level
60. Belinda Carlisle hit: "Circle in the \_\_\_"
63. The \_\_\_ (Sault Ste. Marie's nickname)

### Friday's Crossword

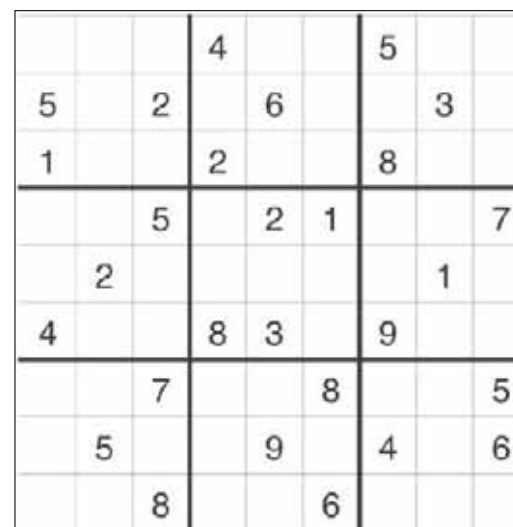


### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Friday's Sudoku



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